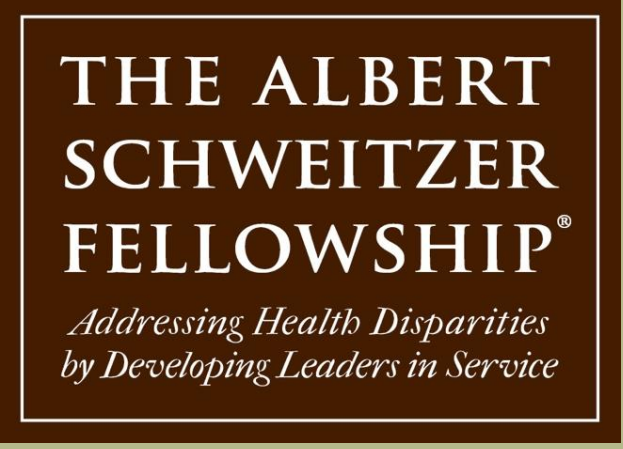


# THE COLUMBUS-ATHENS SCHWEITZER FELLOWS PROGRAM

Purpose: To facilitate service projects to benefit the Columbus and Athens communities, and simultaneously develop emerging professionals who have the skills to address unmet health-related needs throughout their careers.



“Start early to instill in your students awareness that they are on this earth to help and serve others; that is as important to pass on to them as knowledge.”

—Albert Schweitzer, PhD, MD

## Dance For Health

Addressing the physical and social health of older adults living in a multi-level residential community through dance classes.

### Objectives

- By participating in dance classes, older adults will improve
- their physical activity levels.
  - their psychological health through freedom of self-expression in a safe environment with peers.
  - their overall well-being by being empowered to adopt such physical and social activities into their everyday lives



### Details

- Community Site: First Community Village
- Clients: residential populations including Independent Living, Assisted Living, Memory Care, and Long Term Care.
- Preparatory work:
  - interviewed residents for their music & dance preferences
- Implementation:
  - wrote a curriculum entailing warm-up, movement for every body part, weight bearing exercises, dances, and cool-down
  - taught each population 30-60 minutes 1-2x/week

LouisArmstrong  
DukeEllington  
LennonSisters  
RayCharles  
DeanMartin  
AlJolson LawrenceWelk  
GlennMillerOrchestra  
EddieArnold FrankSinatra  
TheAndrewsSisters  
JudyGarland  
RosemaryClooney  
ElvisPresley  
FrankieAvalon  
BennyGoodman  
NatKingCole

### Feedback

- Set a record for most client participation in an activity class with the Long Term Care residents.
- “This is just what they need. This is wonderful!” – Memory Care Nurse
- “Your class keeps their interest. We’ve never seen them move and participate in an activity for a full hour before.” – LTC Activity Staff
- “I wanted to tell you that I think what you’re doing with the residents is great. I love it! And they need it!” - AL Nurse

### Outcomes

- Senior Prom scheduled in May 2016 for clients
- Long-term sustainability plan for each population
- Positive improvement in health reported by clients (interview and questionnaire), staff, and family
- Consistently increasing numbers of participants in Long Term Care and Memory Care classes



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